

***We Help People Just  
Like You Quit Tobacco  
Every Day.***



***Ready to quit?***

**1.800.QUIT.NOW (1.800.784.8669)**

**[www.quitlineiowa.org](http://www.quitlineiowa.org)**



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

Quitline Iowa will help you create an easy-to-follow quitting plan to help you get ready, take action, and live the rest of your life tobacco free.

## ***Support Available to You***



**Phone Coaching:** An expert Quit Coach® staff member will support you over the phone, whenever you need it. They will help you choose nicotine replacements, if they are right for you, and help you set a quit date with your goals in mind.



**Online Coaching:** Membership to the Web Coach® website, a private, online community where you can complete activities, track your progress and join in discussions with other tobacco users trying to quit.



**Quit Guide:** We send you a printed workbook to reference in any situation to help you stick with your quitting plan.



**Text Support:** In addition to calls and website access, you can receive supportive text messages on your mobile phone to help you prepare to quit, use medications correctly, manage urges and avoid relapse.

*"I kept saying to myself how much I want to live to be there for my granddaughter and be a role model for her. I said to myself I better stop today so I can prevent more complication with my diabetes. So now I called you, and I quit. Thanks for being there for me."*

*- Actual Quitline Iowa Participant*



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